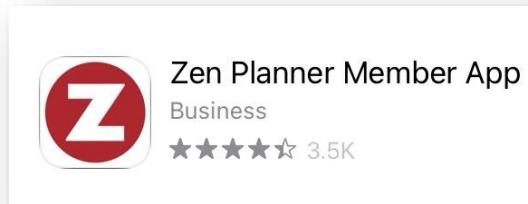
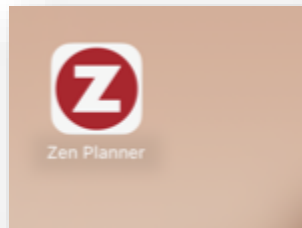


## Logging At-home Workouts on the Zen Planner Mobile App\*

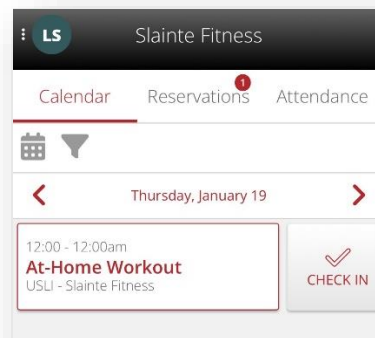
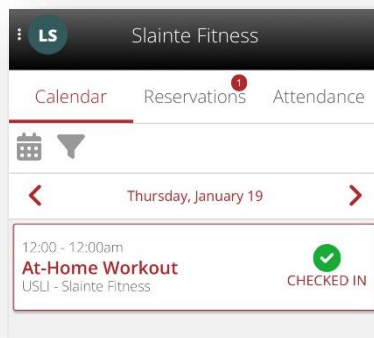
1. Download the **Zen Planner Member App** from your phone's app store.



2. Open the app and log in using the credentials that were emailed to you. You'll then be prompted to change your password.



3. Click the "Check In" button to log your workout! This must be done on the day of your workout. You're able to reserve an at-home workout ahead of time, but you will still have to "check in" that day to log it.



*\*If you don't want to use the app, please log your home workouts on a [manual log](#).*